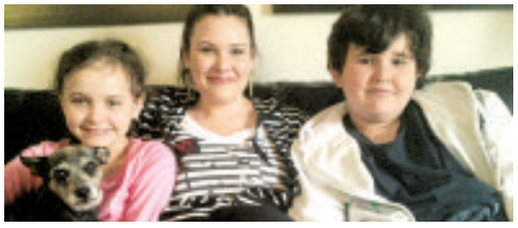

Reunited with her missing kids

Years after being taken away, and days after being found in Mexico, children immediately recognize mom PAGE 4

SNOW WHITE AND A DIRECTOR'S DEBUT

UNIVERSAL PICTURES ENTRUSTS ROOKIE RUPERT SANDERS WITH ITS $175M MOVIE PAGE 8

SASKATOON metro®

Tuesday, May 29, 2012

News worth sharing.

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Saskatchewan Huskies women's basketball head coach Lisa Thomaidis, left, instructs players at the FISU Games last year in Shenzhen, China, where she led the national development team as head coach. More on the Saskatoon connection to London 2012, page 2. CONTRIBUTED

Coach has sights set on London 2012

The odds. Of a dozen teams competing in Turkey, only five will clinch Olympic berth

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Lisa Thomaidis with former Huskies guard Katie Miyazaki, during the 2011-2012 season. CONTRIBUTED/JOSH SCHAEFER

The University of Saskatchewan Huskies women's basketball team could soon have a major connection to the 2012 Olympic Summer Games.

Aside from establishing one of the nation's top programs over the past 14 seasons, Huskies women's basketball head coach Lisa Thomaidis has also been with Canada's national women's team serving as an assistant coach since 2001.

Thomaidis and Team Canada will have a shot at making it to London during the world Olympic qualifying tournament in Ankara, Turkey, June 25 to July 1. Of the dozen teams competing, only five will clinch an Olympic berth.

The women's national team has failed to qualify for the Summer Olympics since Sydney hosted the Games in 2000. But if anyone knows how to get a team out of a drought it's Thomaidis.

The Huskies went upwards of half a century before medalling at the Canadian Interuniversity Sport (CIS) nationals — before Thomaidis and crew landed bronze and silver finishes in 2010 and 2011. In 2001, after just two years with the club, she led the Huskies to their first post-season in 18 years.

Thomaidis said 2012 could be the year Canada shines.

"This is certainly our time," said Thomaidis. "It would be gigantic. Up until now I haven't let my mind go to that place — where we might go to the Olympics — just because it has been a long process. We have a legitimate shot. This is the pinnacle of our sport and to get there would be mind-blowing."

Team Canada has a more polished look than when Thomaidis first began with the organization 11 years ago. At that time the team was comprised mostly of college-level athletes; now there are only two collegiate players. The majority of the players on Canada's roster play professionally around the world, in leagues like the Women's National Basketball Association. "We have a great core of athletes that have been around for the past five to eight years," said Thomaidis.

Canada is currently ranked 11th in the world.

Canada's national team will head to British Columbia, Seattle, Scotland and France for exhibition games prior to flying to Turkey for qualifying rounds.

"We're starting to see things on TV where they're talking about the Olympics and it's about 70 days until the opening ceremonies, so it's starting to ramp up and get exciting," said Thomaidis. "I can't believe it's here and in a month's time, we'll know if we're going or not."

Follow Dorian Geiger on Twitter @dgiegs

Bieber in trouble?

The singer is a suspect in a criminal-battery case following an alleged confrontation with a paparazzo in Los Angeles PAGE 9

A pie that's peachy keen

Just in time for the barbecue season, try this recipe for a summery grilled pizza with cheese, prosciutto and peach slices PAGE 11

Kings captain leads the way

Dustin Brown's show-don't-tell leadership style has L.A. on the verge of winning its first NHL title PAGE 13

1 NEWS

On the web

Women can't get no satisfaction

Sex isn't all it's cracked up to be, at least for Canadian women. So says a new study that found that women are only "making do." The survey found only 31 per cent of Canadian women actually have an orgasm during regular sex compared to 84 per cent of men. More at metronews.ca.

Evolution debate to be history?

Noted paleoanthropologist Richard Leakey predicts skepticism over evolution will soon be history. Not that the avowed atheist has any doubts himself. Go to metronews.ca to read about Leakey's claim that in the next 15 to 30 years, scientific discoveries will have accelerated to the point that "even the skeptics can accept it."

Mobile news

A new app might prove useful to Canadians heading out this summer on road trips and seeking timely health-related information along the way. Scan the code to read more.

Shooting victim a 'Good Samaritan'

Crime. Police believe Macdonald George was trying to stop an assault when he was shot and killed

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A release from the Saskatoon Police Service says investigators believe the victim of a fatal shooting on May 21 was trying to stop an assault when he was shot.

An SPS officer found an injured Macdonald George, 31, on the street in the 200 block of 2nd Avenue, after hearing gunshots in the area. George later died in hospital as a result of his injuries.

The release said, "Investigators believe George was acting as a Good Samaritan and trying to stop an assault, against a person not known to him, when he was attacked and shot."

Alyson Edwards, director of public affairs with the SPS said the conclusion that George, who had recently relocated to Saskatoon from Etobicoke, Ont., was trying to stop an assault when he was shot was drawn from a number of witness interviews.

"They've asked a lot of questions over the last week or so, and they've done a number of interviews and re-interviews of anybody who may have witnessed it, and they have come to the conclusion that Mr. George may have intervened when he saw somebody being assaulted or involved in some sort of altercation," said Edwards.

"Unfortunately, he became the victim of a very violent offence."

Edwards said the SPS is still looking to speak to anyone who has information on the incident and said she didn't know if the SPS has interviewed those allegedly involved in the original altercation.

"Whether or not we've spoken to the two people who were having the altercation, I don't know, but we certainly have enough information to suggest that's what occurred."

Scene of the city's third homicide. MORGAN MODJESKI/METRO

Police continue to identify other witnesses through video footage provided by area businesses.

Four suspects, Hanad Mohamed Farah, Zakaria Ahmad Mahamod, Shamsa Abdulkadir Noor and Lauren Garand, who officers apprehended while they were allegedly fleeing the scene of the shooting, have been charged with a number of firearm charges and will be back in court on Tuesday and Wednesday morning.

Artists to hail building's 100th

Artists chosen for the Saskatchewan Legislative Building's artist-in-residence program. CARRIE-MAY SIGGINS/METRO

The seven artists chosen to participate in the artist-in-residence program celebrating the 100-year anniversary of the Saskatchewan Legislative Building were given an orientation tour of the site Monday.

The participants, mentored by artist and residency co-ordinator Laura Hale, will explore the history and significance of the Saskatchewan Legislative Building through their own artistic discipline.

Each one will host a community-engaged project to encourage cultural exchange at the legislative building. They will also each create a work of art that will be displayed in one of the alcoves in the rotunda of the facility. The artwork will be unveiled on Dec. 5, 2012.

Each artist represents a different discipline. The participants include a comic-book artist, a theatre actor and a painter.

The artists are from both Regina and Saskatoon, and will work at the legislative building for two-week periods to engage with the community.

The artists were selected by the project steering committee made up of members of the Provincial Capital Commission, Tourism, Parks, Culture and Sport, Central Services, and the Saskatchewan Arts Board in co-ordination with the artist co-ordinator.

The program has been developed in partnership with the Saskatchewan Arts Board and is one of several being implemented throughout 2012.

CARRIE-MAY SIGGINS/METRO

Saskatoon's Phillips looks to fill the gap in Team Canada's roster

Krista Phillips METRO

At a staggering six-foot-six, Saskatoon product Krista Phillips is a sizeable centre looking to make an impact at the Olympic qualifiers in Turkey.

A highly touted prospect following her graduation from Aden Bowman Collegiate, Phillips played Division I basketball for the University of Michigan Wolverines in the National Collegiate Athletic Association.

She has also honed her talents playing for the Dandenong Rangers in Australia's Women's National Basketball League.

In her best season with the Wolverines, Phillips racked up 341 points, 190 rebounds and 34 assists.

She's excited to try to resurrect Canada's presence at the Olympic Summer Games.

"We have players who have been with the program for eight years and have never made it, so I think that's a core thing," said Phillips.

"We want those who aren't going to be playing next year, we want them to experience that. This is the payoff."

Regina native Krysten Boogaard will also join the ranks of Team Canada for the upcoming Olympic trials.

DORIAN GEIGER/METRO

On the court

- **Trials.** Regina native Krysten Boogaard will also join the ranks of Team Canada for the upcoming Olympic trials.
- **Inspiration.** The 24-year-old, six-foot-five centre cites her older brother, NHL hockey enforcer Derek Boogaard, who died at age 28 of an overdose of alcohol and prescription drugs, as an inspiration.

Highway 16

One killed, four injured in SUV accident

A woman is dead after a sport utility vehicle carrying five people rolled several times in a ditch northwest of Saskatoon.

RCMP say the 26-year-old Saskatoon resident died at the scene when the SUV she was a passenger in went out of control Sunday evening on Highway 16. Her name has not been released.

Police say the vehicle was heading east at the time, but ended up in the north ditch and rolled repeatedly before coming to a stop.

Another woman, a female youth and two men suffered a variety of injuries, but none is in life-threatening condition.

THE CANADIAN PRESS

Crime

Adult criminal court cases on the rise: StatsCan

According to numbers released Monday from Statistics Canada, the number of adult criminal cases in Saskatchewan rose five per cent in 2011.

However, numbers also reveal that for guilty cases the average amount of time spent in custody decreased by 5.9 per cent.

Nationally, the most commonly completed court cases in 2011 were related to non-violent offences.

The most commonly occurring offences were impaired driving (12 per cent), theft (11 per cent), common assault (nine per cent), failure to comply with a court order (nine per cent), and breach of probation (eight per cent).

Also reported was a 2.3 per cent decrease in the total number of youth court decisions for Saskatchewan in 2011. The largest declines occurred in Nova Scotia (15 per cent) and Prince Edward Island (13 per cent).

METRO

Storm hunter fears province isn't ready for tornadoes

In case of disaster. Greg Johnson says no warning about nearby tornadoes was given to Estevan

MORGAN MODJESKI
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Debris can be seen flying through the air in this photo of a tornado taken April 14, near Salina, Kansas. CONTRIBUTED

Greg Johnson, better known as Canada's Tornado Hunter, feels the province of Saskatchewan is not prepared for a tornado and said a recent close call near Estevan shows how unprepared the province really is.

"The province has no storm warning system in place," said Johnson. "This is left to Environment Canada."

Johnson explained the lack of a system was obvious on May 22, as a storm system that produced a number of "full-on" tornadoes was active near Estevan, but no warning was given. However, on the U.S. side of the boarder warning systems were buzzing with caution.

"Estevan was extremely fortunate that none touched down in that city," said Johnson. "On the U.S. side of the border, a tornado warning was issued. When that warning is issued, towns on the U.S. side of the border had sirens blaring, all radio and television programming interrupted with the emergency broadcast.

"On the Canadian side of the border, Environment Canada did not even issue a severe thunderstorm watch. The severe thunderstorm warning on the Canada side was issued after the tornado threat had passed.... the only warning that anyone on the Canadian side of the border had was from those following on Twitter."

Johnson said a weather warning system is critical, noting the situation in Estevan could have been much worse.

"Estevan would not have been OK," said Johnson. "If a tornado were to have developed the results could have been complete disaster — zero warning would have been issued."

Johnson said there is a common misconception that tornadoes aren't common in Canada, but in reality "serious storms and tornadoes hit Saskatchewan regularly."

However, Helen Fornwald, safety co-ordinator for the City of Estevan, said even though no formal alert was issued before the storm to residents, the city was on alert and there are steps in place if a tornado were to occur.

"We have excellent communication from the Regina head office with that and we assist with providing training for our smaller communities and help them get prepared for that," said Fornwald. "We work closely with our surrounding communities in the events that there is a disaster."

Fornwald said the city advises residents to listen to the radio during severe thunderstorms and if a tornado warning is issued, they should take shelter in a basement immediately. She advised that if you're in a vehicle, you should travel away from the tornado at a right angle.

Fornwald said they have a plan in place, adding they have an audio warning system they can activate if they're aware of a coming storm. If a tornado were to hit, the city has plans to set up an evacuation centre based on the amount of damage.

But Johnson said in a worst-case scenario, without adequate warning, more than property damage would occur.

"The worst-case scenario is that a moderate tornado hits a city and people are killed," he said. "We are fortunate that our population density is so low, that the last real tragedy in this province was 100 years ago. If a storm or tornado — that we see every year — were to hit a city in this province, the casualties would be overwhelming."

The Ministry of Municipal Affairs, the branch of the Saskatchewan government responsible for emergency preparedness, could not be reached for comment before deadline.

Greg Johnson surveys an extreme weather system while in pursuit of tornadoes in 2011. CONTRIBUTED

The Regina Cyclone

- The last tornado disaster in Saskatchewan happened June 30, 1912, in Regina. The event has come to be known as the Regina Cyclone.
- 28 causalities were reported as result of the tornado.
- The path of destruction left by the tornado was measured at 30 km in length.
- The Regina Cyclone is the deadliest tornado in Canada's history.
- Winds from the tornado were an estimated 800 km/h.
- Roughly 2,500 were left homeless by the tornado and 500 buildings were damaged.
- The Edmonton Tornado was the second-deadliest tornado with 27 causalities.
- The Regina Cyclone was said to be 450 feet wide.

New needle-less injection system has merit, says SHR

A new needle-less injection system developed by researchers at MIT could make the hypodermic needle obsolete, as the new system shoots a "high-pressure jet of medicine" through the patient's skin — no needle necessary.

Even though the system is not on the market and is still being tested, Gaylene Molnar, director of nursing professional practice and education with the Saskatoon Health Region, said she sees the merit in the device.

"It certainly sounds promising," said Molnar. "Anytime we can prevent a needle poke it's good for the comfort of our patients and it's also safer for our staff."

Molnar said even though the safety benefits of the device are obvious, they would have to take a closer look at the device before considering introducing it to the SHR.

"Once it's available we'd certainly have to look at it to determine if it meets the needs of our patients and our staff, and part of that would be looking at the costs involved," said Molnar.

Prof. Ian Hunter, who runs the BioInstrumentaion Lab in the department of mechanical engineering at MIT, said the device provides a level of precision and safety that hasn't been seen before.

"We're doing a lot of work to try and make sure the device has all sorts of safety measures that you don't have in a needle and syringe," said Hunter. "One of the things we're able to do — because it's computer controlled — is unless certain conditions are met, the device can decide not to inject."

He continued, "We're keen on the idea that the device knows who it's going to be injecting into and it will only inject if, in some way, it detects that it's the appropriate individual being injected."

Hunter said the device was not easy to create as they had to develop a lot of the scientific instrumentation associated with it to quantify the parameters of drug delivery and to assess its performance.

MORGAN MODJESKI/METRO

Winnipeg mother reunited with her missing children

Abduction. Four years after they were allegedly taken by their father, kids found in Guadalajara, Mexico

Emily Cablek has been reunited with her two children almost four years after they were taken from her, moved around Mexico and kept hidden from public view, authorities said Monday.

Cablek saw her children Dominic and Abby Maryk, now 11 and 9 years old, respectively, on the weekend after they were found in a home in Guadalajara on Friday. Their father, Kevin Maryk, was arrested on a charge of child abduction and is in custody in Mexico.

"They absolutely, 100 per cent recognized their mother. (They) have many memories, Dominic is looking forward to a Slurpee," Christy Dzikowicz, with the Canadian Centre for Child Protection, said Monday. The centre is a non-profit agency that works with governments and law enforcement to help protect children from abduction, exploitation and abuse.

"But much has been stolen from them. No school to learn. No doctors to take care. No friends to play with. No mother to love, nurture and protect them."

Cablek said in a statement that she is the "happiest mommy" in the world right now and would like to have uninterrupted time with her children.

"I'm asking please give my family some privacy so that we can begin to heal," she said. "We have a long road ahead and I want my children to feel completely safe through all of it. They deserve nothing less."

Police allege Kevin Maryk abducted his children during a court-ordered visit on Aug. 16, 2008, and moved around frequently to avoid detection. He lived for a while in Puerto Vallarta, Mexico, before moving to Guadalajara. Police allege he kept the kids inside the home during the day — forbidding them from going to school, playing with other kids or seeing a physician.

"This is an evil individual who did not want to be found and did take steps to try and ensure that these kids were never located," Det.-Sgt. Shaunna Neufeld of the Winnipeg Police Service's missing-persons unit told a news conference.

Emily Cablek poses with her two children, Abby and Dominic Maryk, in this photo taken by the Winnipeg Police Service in Winnipeg on Monday.
THE CANADIAN PRESS

It was not immediately clear whether Maryk had hired a lawyer for the extradition process. Michael Lazar, a Winnipeg lawyer who represented Maryk in family-court proceedings in 2008, said Monday he has not heard from him since then.

Police suspected the kids were in Mexico and had distributed Crime Stoppers-style videos to Mexican media outlets, one of which aired earlier this month. Last Thursday, Interpol received a tip from someone who recognized the children, Winnipeg police said.

Authorities are now trying to extradite Maryk, 40, and Robert Neil Groen, 41, from Mexico on child-abduction charges.

Police have also issued a Canada-wide warrant for Cody John McKay, 23, who is alleged to have helped in the abduction. THE CANADIAN PRESS

Quebec resumes tuition talks with student groups

Gabriel Nadeau-Dubois, a spokesperson for student group CLASSE, before a meeting in Quebec City on Monday. CLEMENT ALLARD/THE CANADIAN PRESS

A two-week period marked by burgeoning protest and bitter recrimination has now entered a new phase, with Quebec student leaders back at the negotiating table with the provincial government Monday.

Student representatives arrived in Quebec City for their first face-to-face meeting with government officials since mid-May. Eight hours later, they ended for the night and will resume at 1 p.m. Tuesday.

The head of the group representing college students left the meeting unwilling to comment or provide any indication if progress had been made.

Riot police were deployed in the provincial capital as about 200 protesters stood in front of the building where talks were held. They ordered people to disperse and moved in buses to hold those arrested.

Talks had broken off when the government tabled emergency legislation aimed at controlling the protests. The move appears to have backfired, however. Festive and largely peaceful demonstrations have spread to other cities — in some cases even outside Quebec and Canada.

As they entered the meeting, students said they expected the government to compromise on the key issue of tuition increases that sparked their movement in the first place. They said any solution would include two elements: A retreat on tuition fees and on the emergency law, Bill 78.

The students are now saying they have more leverage, and less pressure than they did the last time. At the time, school semesters had been at risk of being cancelled but they have since been paused and will resume in mid-August.

The government, on the other hand, has a more immediate worry: That a prolonged dispute will cause chaos for tourists heading to take in Montreal's big summer festivals.

THE CANADIAN PRESS

Protests continue

The head of the group representing college students left the meeting unwilling to comment or provide any indication if progress had been made.

- Leo Bureau-Blouin later urged about 200 protesters who gathered outside the building to disperse and avoid arrest.
- But riot police deployed in the capital moved in and removed more than 50 people to waiting buses.

Mount Everest

Climber's body recovered

The body of a Canadian woman who died hours after fulfilling her dream of climbing the world's tallest mountain is one step closer to being returned to her family members.

A five-person climbing team slogged through rough weather over two days to recover the body of Shriya Shah-Klorfine from the slopes of Mount Everest.

Her remains are currently resting at a camp within helicopter range and are to be flown on Tuesday to the Nepalese capital of Kathmandu, where her husband and other family members are waiting to make final arrangements.

THE CANADIAN PRESS

Nova Scotia

Body found in hockey bag

Police in Nova Scotia have identified human remains that were found stuffed inside a hockey bag and floating on a river.

Cape Breton Regional Police say the remains of a 21-year-old woman from Cape Breton were found around 8 p.m. on Friday in Marion Bridge.

Investigators say the remains were discovered by residents who spotted the bag floating on the Mira River behind their home.

Police are not releasing the victim's name at the request of the family.

Officers from the major crime, identification and marine units are investigating.

THE CANADIAN PRESS

Toronto

Engine loss leads to hasty landing

A Boeing 777 made an emergency landing at Toronto's Pearson International Airport on Monday after losing an engine shortly after takeoff.

Air Canada spokesperson Peter Fitzpatrick said the crew landed the plane on one engine and there were no injuries among the 318 passengers and 16 crew aboard.

Fitzpatrick said the cause of the engine shutdown on flight AC001 to Narita airport in Tokyo was as yet unknown.

The Transportation Safety Board of Canada said an investigator had been sent to Pearson airport to gather information related to the emergency landing.

THE CANADIAN PRESS

Sequoia smog

Happy hiking — just don't breathe

The California forest that is home to the biggest and oldest living things on earth, the giant Sequoia redwoods, also has the worst air pollution of any national park in the U.S. "Ozone levels (in Sequoia National Park) are comparable to urban settings such as L.A.," said Emily Schrepf of the non-profit advocacy group the National Park Conservation Association. THE ASSOCIATED PRESS

Felony trial

Edwards jury may be deadlocked

The jury at the trial of former U.S. presidential candidate John Edwards is set to begin deliberations for a seventh day Tuesday, and speculation is growing that it may be deadlocked.

Edwards faces six felony charges in a case involving nearly $1 million US provided by two political donors to help hide the Democrat's pregnant mistress as he sought the White House in 2008. The jury must determine whether Edwards knew about the payments, and whether he knew he was violating federal law by allowing them. THE ASSOCIATED PRESS

John Edwards leaves federal court on Friday, May 25.
GERRY BROOME/THE ASSOCIATED PRESS

P-r-e-c-o-c-i-o-u-s

Tiny speller, 6, vies in Scripps bee

This week, six-year-old Lori Anne Madison will be onstage with youngsters more than twice her age — and twice her size — as one of 278 students who have qualified for the Scripps National Spelling Bee in the U.S.

The spelling bee doesn't have a lower age limit, but no one younger than eight has ever qualified for the nationals before. THE ASSOCIATED PRESS

Cannibalism

Cop in counselling after attack

A Miami police officer was in counselling Monday after he shot and killed a naked man cannibalizing the face of another man. "It was the most gruesome thing I've ever seen," said Sgt. Javier Ortiz, who was a supervising officer on the scene of the attack. "The officer is in mental-health counselling so he can continue his career."

Ortiz, who is also vice-president of the Miami chapter of the Fraternal Order of Police, blamed "mental illness and drugs" for the attack, which left the victim in critical condition at Jackson Memorial Hospital Ryder Trauma Center.

He defended the officer's "split-second decision" to shoot after ordering the attacker to stop. "If I'm on top of you and I'm eating your face and gouging out your eyes, what do you want the officer to do, give the guy a hug? I believe the officer's life was in danger as well." The officer fired several shots before the attack on Saturday afternoon stopped, police said. TORSTAR NEWS SERVICE

Russia losing patience with Assad regime

Turning point. Foreign minister's comments are unusually critical in wake of slaughter

UN special envoy Kofi Annan in Damascus, Syria, on Monday.
BASSEM TELLAWI/THE ASSOCIATED PRESS

A weekend massacre of more than 100 people emerged as a potential turning point in the Syrian crisis Monday, galvanizing even staunch ally Russia to take an unusually hard line against President Bashar Assad's government.

Analysts said Russia may be warning Assad that he needs to change course or lose Moscow's support, which has been a key layer of protection for the Syrian government during the uprising that began in March 2011. Russia has grown increasingly critical of Damascus in recent months, but Foreign Minister Sergey Lavrov's latest comments were unusually strong. Although he said opposition forces have terrorists among them, he put the blame for 15 months of carnage primarily on Assad's government.

"The government bears the main responsibility for what is going on," Lavrov said in Moscow following a meeting with British Foreign Secretary William Hague. "Any government in any country bears responsibility for the security of its citizens." THE ASSOCIATED PRESS

Constitutional battle ignites turmoil in Nepal

Activists of the Nepal Students' Union burn an effigy of Prime Minister Baburam Bhattarai as they demand his resignation in Katmandu on Monday. Nepal sank into political turmoil after lawmakers failed to agree on a new constitution, leaving the country with no legal government. The premier called for new elections, but critics said he lacked the power to do so.
NIRANJAN SHRESTHA/THE ASSOCIATED PRESS

Dry spell. North Korea drought threatens crops

North Korea is reporting a serious drought that could worsen already critical food shortages, but help is unlikely to come from the United States and South Korea following Pyongyang's widely criticized rocket launch last month.

North Korea has had little rain since April 27, with the country's western coastal areas particularly hard hit, according to a government weather agency in Pyongyang. The dry spell threatened to damage crops, officials said, as the country enters a critical planting season and as food supplies from the last harvest dwindle.

The UN Food and Agriculture Organization said it had not yet visited the affected regions to confirm the extent and severity of the reported drought. North Korea has suffered chronic food shortages for the past two decades because of economic and agricultural mismanagement as well as natural disasters. THE ASSOCIATED PRESS

A farmer tries to gather water on Friday at the Tokhae co-operative farm near Nampho, North Korea.
KIM KWANG HYON/THE ASSOCIATED PRESS

Fishy fallout. Tuna carry radioactivity across ocean

Across the vast Pacific, the mighty bluefin tuna carried radioactive contamination that leaked from Japan's crippled nuclear plant to the U.S. shore 9,650 kilometres away — the first time a huge migrating fish has been shown to carry radioactivity such a distance.

"We were frankly kind of startled," said Nicholas Fisher, one of the researchers reporting the findings online Monday in the Proceedings of the National Academy of Sciences.

The levels of radioactive cesium were 10 times higher than the amount measured in tuna off the California coast in previous years.

But even so, that's still far below safe-to-eat limits set by the U.S. and Japanese governments.

Previously, smaller fish and plankton were found with elevated levels of radiation in Japanese waters after a magnitude-9 earthquake in March 2011 triggered a tsunami that badly damaged the Fukushima Dai-ichi reactors. THE ASSOCIATED PRESS

Unexpected finding

- Scientists did not think the nuclear fallout would linger in huge fish that sail the world, because such fish can metabolize and shed radioactive substances.

Qatar fire. Trapped kids couldn't be reached

Qatar's Interior Ministry said 13 children were among 19 people killed in a fire that broke out in one of the country's fanciest shopping malls late Monday morning, raising questions about building safety in the booming Gulf state.

At least some of the victims died as rescuers struggled to reach a child-care centre at the Villaggio mall in the capital Doha, according to Qatar's minister of state for interior affairs, Sheik Abdullah bin Nasser Al Thani.

"We tried our best, but when we got there, the children were trapped inside. We are very sorry for what happened. We tried as much as we could to save these people," Sheik Abdullah told reporters in Doha.

The cause of the fire is under investigation. Thick smoke and heat hindered rescue efforts, as did a lack of floor plans and malfunctioning sprinkler systems, the Interior Ministry said on Twitter. THE ASSOCIATED PRESS

The father of a child killed in a mall fire in Doha, Qatar, on Monday.
OSAMA FAISAL/THE ASSOCIATED PRESS

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Tory bill to end CP Rail strike

Labour dispute. 'The work stoppage is preventing our ability to keep products moving in and out of Canada': Labour minister

Labour Minister Lisa Raitt says the government must act now to end a strike by 4,800 Canadian Pacific Railway workers in order to preserve the country's international reputation.

The Harper government has tabled back-to-work legislation, the third time it has intervened in a labour dispute in similar fashion in the last year.

With legislation introduced after question period on Monday, Raitt said she expects the railroad to be back in business by Thursday. Mediated contract talks between the railway and the Teamsters union representing locomotive engineers and conductors collapsed Sunday.

The union says the company is demanding up to a 40 per cent cut in the earned pensions of employees, after making a $570-million profit last year.

"We've spent out entire careers paying for this, contributing to this and relying on this," said Doug Finnson, union vice-president and chief negotiator. "And because the shareholders want increased value, they want to squeeze it out of our pension plan and then put it over to the shareholders."

THE CANADIAN PRESS

Front-office turmoil

The labour unrest comes amid front-office turmoil that saw CP's chief executive officer Fred Green and much of the old company board forced out by an investor revolt, led by New York-based investor Bill Ackman of Pershing Square Capital Management LP.

- The departing CEO, who Ackman accused of running an underperforming company, walked away with an $18-million severance package, a point noted by Liberal House leader Marc Garneau.

Facebook founder's candid cameo

Social-media sites and blogs have lit up after eagle-eyed viewers spotted a surprise cameo in a Chinese TV documentary about the country's police force: Facebook founder Mark Zuckerberg and his now-wife, Priscilla Chan, seen here in this image taken from undated CCTV video. The footage shows the couple wearing the same clothes they were photographed in during a March 27 visit to Shanghai. HANDOUT/THE ASSOCIATED PRESS

Leadership. RIM loses another senior executive

Research In Motion Ltd. is losing another senior executive as its chief legal officer is retiring amid reports RIM may announce a major restructuring this week, a move that could result in thousands of job cuts.

RIM said Monday that Karima Bawa had been in discussions about her retirement for some time and plans to stay on to help with the transition once a replacement has been hired

Bawa's retirement follows the departure last week of Patrick Spence, the BlackBerry maker's head of global sales.

Changes in the senior leadership at RIM follow the appointment of Heins as RIM's president and chief executive earlier this year. Heins replaced co-chief executives Jim Balsillie and Mike Lazaridis after months of pressure from shareholders.

THE CANADIAN PRESS

Jobs

2,000

Several reports have suggested RIM will cut at least 2,000 jobs at its operations around the globe as part of a massive restructuring. The cuts would follow a move last year to axe roughly 2,000 jobs. The company has about 16,500 employees.

Market Minute

Worries about European banks left the Toronto stock market little changed. U.S. markets were closed for the Memorial Day holiday.

DOLLAR 97.68¢ US (+0.55¢)

TSX 11,566.15 (-10.32)

OIL $91.15 US (+29¢)

GOLD $1,573 US (+$4.10)

Natural gas: $2.556 US (-7.1¢)
Dow Jones: Closed

A PUFF TO EASE THE PAIN

SHE SAYS...
Jessica Napier
metronews.ca/shesays

A few years ago, my father was diagnosed with multiple sclerosis. I can't really pinpoint the exact date because it took a good two years for my mother to stop referring to his illness as "MS-like symptoms" and actually start saying "MS."

Over time I've watched his ability to walk deteriorate. In 2010 we took a family trip to Cambodia and I saw him scale the temple walls at Angkor Wat from sunrise to sunset. Last weekend I helped him as he struggled to lift himself out of a Muskoka chair.

Sometimes I think about whether my father will be able to walk me down the aisle at my wedding, or whether he'll even be alive to witness it. I then, of course, immediately stop thinking about those things as they lead to crying fits in public places.

The more I'm confronted with the realities of this all-too-common autoimmune disease, the more desperate I'm becoming in my devouring of information about anything that might help.

High Times

"While other parents read DARE pamphlets about the perils of drug abuse to their children, my father enjoyed a monthly subscription to High Times magazine."

Last week, the University of California released a study demonstrating the benefits of marijuana for individuals suffering from MS. The study found that patients who smoked cannabis once a day experienced a significant reduction in muscle tightness and other painful symptoms associated with MS.

As a hippie, my father was practising this form of self-medication a good 40-something years before he was ever diagnosed. The only real difference is now he has a medical-marijuana licence and a copy of the Canadian Medical Association Journal to back him up.

While other parents read DARE pamphlets about the perils of drug abuse to their children, my father enjoyed a monthly subscription to High Times magazine. Marijuana was never an after-school-special kind of conversation topic in my house — it wasn't cool or dangerous, it was just simply there. Consequently, I had no interest in it. After all, what's the point of teenage rebellion if the person you're trying to revolt against is munching on "special" cookies in your living room?

I've never judged him for smoking it and I certainly don't now. Watching him self-medicate his way through this disease has changed the way I think about drugs and pain. In fact, it's changed my outlook on a lot of things in my life.

It makes me want to take the stairs every day, knowing that perhaps one day I won't be able to. It inspires me to run outside even when I'm feeling lazy — not because I should, but because I can.

Weird news

Rest in Presley peace

For the right price, you or a loved one can rest in peace in the tomb of the King.

Celebrity auctioneer Darren Julien is selling Elvis Presley's original crypt to the highest bidder as part of his Music Icons auction later this month.

The tomb is located inside the granite and marble mausoleum at the Forest Hill Cemetery in Memphis, Tenn.

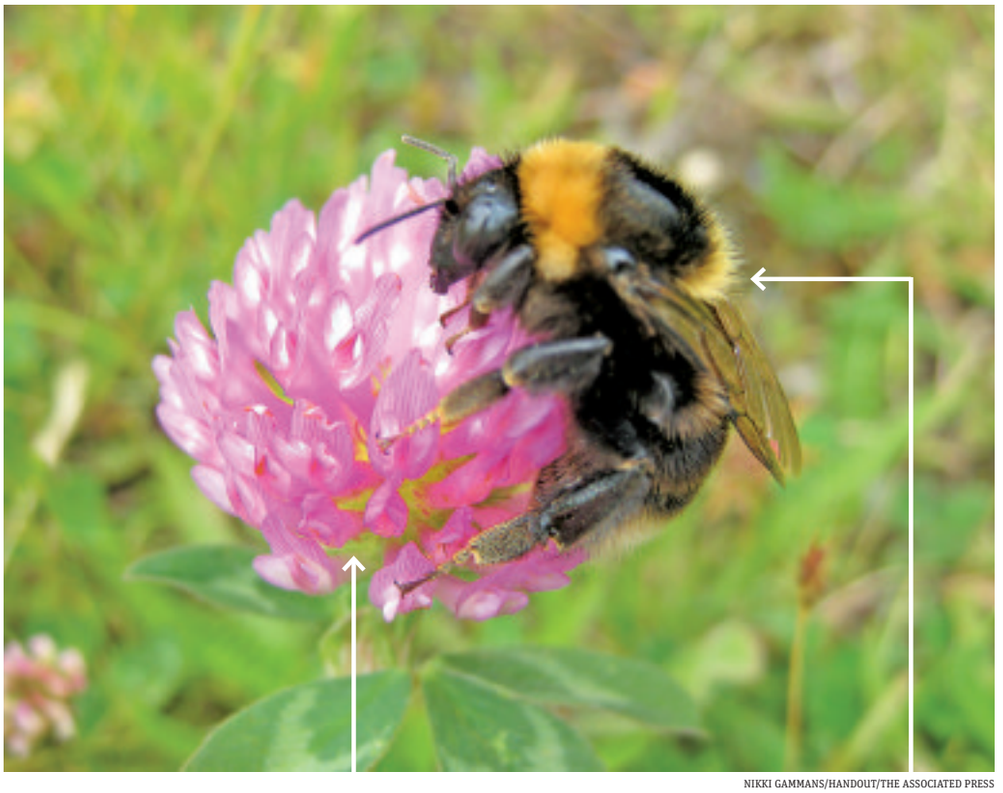
Presley was interred there alongside his mother, Gladys, after he died Aug. 16, 1977. Two months later, they were re-buried at his Graceland home. The original crypt has remained empty ever since.

Elvis Presley's crypt.
THE ASSOCIATED PRESS

Julien says the winning bid from the auction beginning June 23 will receive the crypt, the opening and closing of the vault for burial, a memorialization inscription, and use of a chapel for a committal service. Transportation and funeral-home charges are not included.

THE ASSOCIATED PRESS

Bees do it best in clover



NIKKI GAMMANS/HANDOUT/THE ASSOCIATED PRESS

Homecoming buzz

The bees are back in Britain

They've been away, but now they are — hopefully — buzzing back to their rightful place in the bucolic British countryside.

Around 50 short-haired bees were released into an English nature reserve Monday, some two decades after they were wiped out from most of rural Britain.

THE ASSOCIATED PRESS

Wild-flower welcome

"Our farmland always used to have wild-flower borders. We are just asking farmers to go back to the way things were and the response has been overwhelmingly positive."

Nikki Gammans, ecologist and project leader

Betting the farm

- Ecologists hope that with the support of farmers who have agreed to grow flowers and plants that help bees flourish, the bugs will zip across the country again.
- The population of short-haired bees — scientific name Bombus subterraneus — has declined dramatically across most of Europe the last two decades as their habitat was destroyed.

Born to be the Bombus

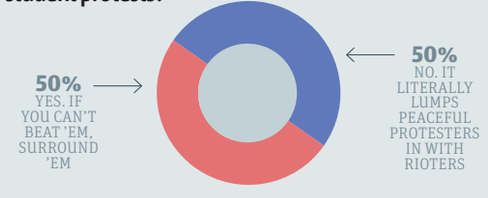
12

Bombus subterraneus were declared extinct in Britain 12 years ago. But the short-haired bees survived in Skane, Sweden, and three years ago, Natural England, a U.K. government-backed conservation project, launched a program to bring them back into the wild. The bees that made it through the screening process were released into the wild Monday in a nature reserve in Dungeness, Kent, in southeast England, filled with wild flowers like red clover, white dead nettle, yellow flag and tufted vetches.

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

Should police be allowed to kettle protesters, a tactic used during the G20 and recent Montreal student protests?



Twitter

@kennedymaine
Saskatoon Saskatchewan Surely Seems Supercalafragalistic

@kenziehugo
How does saskatoon have so much damn rain!

@ashleighweeden
On my way to the airport, heading to Saskatoon for #CAMA2012 & #fcmyxe Looking forward to a great week in SK!

@sammi_schwieger
Thanks @arkellsmusic for playing my favorite song "I'm not the sun" last night in Saskatoon! #Bitchin-Times

@CarlPeelash
So, who's going to be at the 2013 Memorial Cup? Saskatoon as hosts, I'd say London and Edmonton have to be good bets to return, and Halifax.

@bemorelikemarsh
Former Calgarian living in Saskatoon, hoping @nenshi can provide #yxe ith some insight into building a progressive city at #FCMyxe

metro

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SCENE

Scene in brief

De Niro given honorary degree

As he received an honourary doctorate Sunday, Oscar-winning actor Robert De Niro told Bates College graduates that despite his own lack of formal education, he made out OK. During a 15-minute address that was by turns sincere and irreverent, De Niro drew a steady stream of laughter from the 463 graduating seniors and more than 5,000 onlookers at the private, liberal arts college's campus. De Niro, who quit high school to pursue an acting career, was one of three high-profile guests who received honorary degrees at the Bates commencement. PBS Newshour senior correspondent Gwen Ifill and Princeton University molecular biologist Bonnie Bassler also were honoured. But it was De Niro who stole the show as he received an honorary doctorate of fine arts degree. "In many ways, leaving school when I did it was an advantage. I saved nearly $6,000 by not having to pay tuition and expenses for four years of education," he said. "I feel a little foolish, because if I had waited until now not to go to college, I could have saved around a quarter of a million," he said.

THE ASSOCIATED PRESS

On the web

Michael Haneke's Amour wins Cannes Film Festival Palme d'Or

Kristen Stewart plays Snow White in Snow White and the Huntsman, opening Friday. HANDOUT

Rookie director steps into fairy tale land

Snow White. First-time director Rupert Sanders talks about being handed the keys to Universal's $175 million project

NED EHRBAR
Metro World News in Hollywood

In researching his visually distinctive debut film, Snow White and the Huntsman, British director Rupert Sanders avoided one animated classic in particular.

"I actually haven't seen the Walt Disney (Snow White) for ages because I didn't want to be tarnished by it," he says.

"I looked at other filmmakers, like Roman Polanski's Macbeth. I watched Kingdom of Heaven. I think I set out trying not to make a big commercial fairy tale movie, but I wanted to make a big, Lawrence of Arabia kind of medieval tale, and that's really what I think the film is."

But certainly Universal Pictures — which is betting a lot giving a first-time director the keys to a $175 million fantasy film — is hoping for at least in part a big commercial fairy-tale movie.

"Universal have been an incredible partner to work with," Sanders insists.

"First of all, they wrote a massive cheque for a novice to take a lot of their money and go over to Europe untouched and make a film. They've been very trusting."

Of course, part of that trust can be attributed to the Snow White in the title, since the source material continues to be hugely popular.

So what is it about that fairy tale that keeps drawing audiences — and studio executives — back?

"It's the best fairy tale, really. I don't really like them when they get too princess-y. I don't love balls and sleeping beauties and things like that," Sanders says.

"It's one of those stories that is about the human condition. It's about so many of those emotions that we go through — jealousy, the way we look," Sanders says.

"I think in a way it's more relevant today than it was. Everything is so image-obsessed… I hope it has the same lesson in life to our young people. It teaches you a lot about how to cope with the human condition, how to cope with death, basically."

So what's next for Sanders? "I am done with fairy tales," Sanders says with a weary laugh.

So what will he do for a second feature film? "I'd love to make something contemporary or sci-fi, which is my favourite genre. You can make a film that's sociopolitical without it being a rant. You can put a bigger magnifying glass on our world now if you put the story 100 years in the future."

Of course, if Snow White and the Huntsman is a hit, he might not be as done with fairy tales as he suggests. "Who knows. I think it will be hard for me not to go back into the Snow White world if that world appeared again," Sanders admits.

"It's its own story. If there's a desire for people to want to continue with those characters — I think there will be, they're such great characters, they're well-played."

Of course, there's at least one obstacle to a possible sequel to the fairy tale film: "A couple of people end up dead, so I'd have to fill those shoes," he says.

Quoted

"It's the best fairy tale, really. I don't really like them when they get too princess-y. I don't love balls and sleeping beauties and things like that."

Director Rupert Sanders on the enduring quality of the Snow White tale

Updating the story

There's no damsel in distress here

The days of the damsel in distress are clearly over. Audiences have already seen a Snow White take up arms, with Lily Collins dueling with — and besting — her Prince Charming in Mirror, Mirror in March. But in Snow White and the Huntsman, the fairy tale princess (played by Twilight star Kristen Stewart) goes to war.

What really sets Rupert Sanders' film apart — aside from the stark visuals and brutal violence — is its take on the core theme of beauty and a woman's obsession with it. Even in the Brothers Grimm version, the Queen is threatened by Snow White's natural allure, but Sanders takes it even further. Charlize Theron's evil Queen Ravenna stays young and beautiful by sucking the life out of younger women, and she's hoping to cure her aging problem for good by consuming the heart of her stepdaughter.

Full of imaginative and nightmarish visual effects, massive battles and epic landscapes, Snow White and the Huntsman is by far the more ambitious of the two Snow White films — which is surprising, given that the lackluster Mirror, Mirror was helmed by the usually distinctive and daring Tarsem Singh.

DVD reviews

Goon

Director. Michael Dowse

Stars. Seann William Scott, Jay Baruchel, Alison Pill

In the very violent, very funny and exceedingly profane Goon, Canadian-born director Michael Dowse (the man behind the Fubar films) tells the story of a genial knucklehead named Doug Glatt who's a bar bouncer in a small Massachusetts town. When Doug unleashes the fury of his fists in aid of his mouthy best friend (Jay Baruchel, who also shares co-writing credits with Evan Goldberg), he's spotted by the coach of the very minor-league local team (Nicholas Campbell). The wily coach coaxes Doug to play for his brother's hockey team, the Halifax Highlanders, who are sorely in need of a miracle. Doug's only task is to beat up anyone who stands in the way of the Highlanders' top scorer, who has recently lost his mojo. Sweet-hearted Doug, well played by Scott, is proud to both draw and spill red on behalf of his team. Goon looks set to skate alongside Slap Shot as another movie that really gets the spirit of hockey's animal attraction.

PETER HOWELL

We Need to Talk About Kevin

Director. Lynne Ramsay

Stars. Tilda Swinton, John C. Reilly, Ezra Miller

Adapting Lionel Shriver's bestselling 2003 novel, director Lynne Ramsay examines the school shootings phenomenon from the point of view of parents left emotionally and physically brutalized by the aftermath. Travel writer Eva Khatchadourian (Tilda Swinton, spectacular) and her photographer husband Franklin (John C. Reilly, skating) thought they'd left all their cares behind when they moved from New York City to a big house in the suburbs. They wanted a place to raise their son, Kevin. Kevin, though fine with his father, has a toxic relationship with his mother. We Need to Talk About Kevin offers few deep insights into a violent phenomenon for which, in truth, there may be no satisfactory answers.

PETER HOWELL

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Beyoncé is human? Hard to believe

MONICA WEYMOUTH
scene@metronews.ca

Radiant new mama Beyoncé was back on the stage for a four-night engagement at Atlantic City's Revel casino over the holiday weekend, and she didn't forget to pack her signature assortment of sparkly two-piece bodysuits and sky-high heels.

But the singer admits it wasn't easy to get in beach shape by Memorial Day weekend.

"Y'all have no idea how hard I worked," she told her audience — which included Michelle, Sasha and Malia Obama — during her Saturday evening performance.

"I had to lose 60 pounds. They had me on that treadmill. I ate lettuce! Now tonight I'm going to get chocolate wasted."

Now, we always thought the rumours that Beyoncé hired a surrogate and faked her pregnancy were crazy (unless it was a particularly slow gossip day).

But can you imagine this lady at a gym or eating anything as lowly as lettuce?

If she is, in fact, human, we're having a hard time believing Beyoncé had a baby in January.

Justin Bieber MATT SAYLES/THE ASSOCIATED PRESS

Bad Bieber: Did the star lay a smackdown?

Justin Bieber may have finally had enough of photographers.

The singer is a suspect in a criminal battery case after getting into a "physical altercation" with a paparazzo in Los Angeles on Sunday afternoon, according to the police report.

The "victim complained of pain and requested medical attention" and was released shortly after being taken to the hospital.

We're curious: Is there enough money in Bieber's bank account for you to admit that his baby-soft hands were capable of inflicting pain?

Gaga 'devastated' about cancellation

After weeks of protest from a religious group, Lady Gaga decided to cancel a tour stop in Jakarta, Indonesia.

"There is nothing holy about hatred," she posted on Twitter, explaining her decision. "We had to cancel the concert in Indonesia. I'm so very sorry to the fans and just as devastated as you if not more. You are everything to me. I will try to put together something special for you."

The protesting group, the Islamic Defenders Front, insisted Gaga is a "devil's messenger" and claimed that her image would "destroy the country's morals."

They promised "chaos" if the concert went ahead as planned.

Queen of the unexplained exit?

Britney Spears' X Factor tenure is off to a rough start. After allegedly storming off the set after a contestant's rendition of one of her hits the first day of filming — a claim she denied on Twitter — Spears reportedly made another sudden exit on her second day, according to Us Weekly. "After a very popular contestant finished, Brit stood up and immediately walked towards the tunnel where judges enter," a source says.

"Her bodyguards (and entourage) jumped up and ran after her. She was moving fast. It was odd." While the reason for her departure was unclear, the source says Spears returned after a short while and resumed her work as though nothing had happened.

Twitter

@justinbieber
am i about to be doing free shows around the world to surprise fans?? hmmm.

@ActuallyNPH
In the Just So You Know Department: incessantly tweeting me to respond to you will almost assuredly achieve the opposite result.

@Joan_Rivers
I hate that the Indy 500 takes place over Memorial Day Weekend. Name one Civil-War soldier who could drive a race car.

@MissKellyO
Always wear your cutest pajamas to bed you'll never know who you'll meet in your dreams!

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3 LIFE

Skin care

Live Clean introduces Fresh Face

Live Clean, the Canadian brand known for its eco-friendly, plant-based personal care products, introduces Live Clean (Fresh Face), an eight-product collection of eco-friendly skin care products for your face. With five years and more than 60 products since its founding, Live Clean introduces skin care to its exceptional collection of products for hair and body. "We've been thinking about skin care for a long time now and Live Clean (Fresh Face) has been two years in active development," says Executive Vice President Michelle Sparrock. "But just as we did with our baby care collection, we proceeded with caution; wanting to be sure we got it absolutely right."

METRO

On the Web

When packing a portable feast ensure picnic food is safe by keeping it cold

Imagine a world where you ate right, exercised and had great sex. Unfortunately, the smug and happy are in the minority. Most of us are stressed out, sexually frustrated and regulars at KFC. According to Dr. Oz, getting healthy isn't about living longer, it's about living and looking better today.

DR. OZ'S SIX DAYS, SIX WAYS TO A BRIGHTER YOU

When was the last time you went for a health checkup? A month? A year? America's top doctor Dr. Oz, talks to Metro about the basic steps to feeling and looking great.

ROMINA McGUINNESS
romina.mcguinness@metro.lu

1 What's up Doc?

A staggering third of Americans skip their yearly health check-up. But thinking ignorance is bliss could really mess you up.

Being "too busy" is the most common excuse for failing to go to the doctors says Dr. Oz, but the truth is people don't want to be inconvenienced with bad news.

"Who wants to hear they have cancer? What people don't get is that a doctor is there to guide you to better health, not make you feel bad or embarrassed. They help you understand your health so you can prevent problems in the future."

2 Watch your waist

Everyone should know their weight and BMI (Body Mass Index). Although weight can vary, BMI should always be below 25. Anything above 30 or below 18.5 means you risk developing type 2 diabetes or heart disease.

According to Dr. Oz the most important thing to monitor is waist size: "Waist size predicts the amount of fat inside the intestines: it should be no more than half your height. It's the most dangerous type of fat for your body. Stored in excess, it can put pressure on the kidneys, which can then raise your blood pressure and can also poison the liver, leading to higher cholesterol levels and diabetes."

3 The pressure of peer pressure

Studies have shown that people who lost weight by engaging in group activities were more successful at keeping it off in the long term.

"The moment you go public about your proclamation of health, you're holding yourself accountable," explains Dr. Oz. "Friends won't sabotage your efforts, but on the contrary be inspired by your achievements."

Another thing to watch out for is habits.

"Habits are the 'norm' but whether they're good or bad it is down to you.

4 Get more zzz ...

Sleep is the most important thing we need and the single thing we lack the most: "Seven and a half hours a night is an ideal amount. If you've trouble sleeping it could be a sign something is holding you back either physically or psychologically," says Dr Oz. "If all else fails, try and ease your body into rest. Fifty per cent of people sleep better in colder temperatures, wearing loose clothes or no clothes and having dimmed the lights 30 minutes before going to bed.

5 Exercise: all it takes is 7 easy minutes

Emotionally satisfied people have one thing in common: they all set aside a few minutes a day of "me time," mostly in the morning.

Dr. Oz advises you to spend seven minutes every morning doing a combination of yoga, push ups and sit ups.

"Morning is the one time of day when you are still in control of your destiny. Seven minutes of light exercise is enough to reduce stress levels and make you feel as if you are in control of your life."

Why seven minutes? Don't we have to sweat it out for at least 20?

"We all have seven minutes to spare in the morning. It's also enough time to increase heart rate. If you want to exercise more, you don't have to run a marathon but something as simple as a brisk walk for 30-60 minutes, five times a week can lower your risk of heart disease by about 40 per cent."

6 Assess your stress

Stress alone could be the reason why you can't lose weight. It affects the neuroendocrine system that increases the amount of fat stored around the abdomen. It's also indirectly linked to the consumption of too many fatty or sugary foods, as well as inactivity.

"Some of us are comfortable being uncomfortable. Instead of running away from stress we need to embrace the discomfort. The only solution to getting over it is to come up with better coping strategies that force you to manage your stress such as assertiveness training, or even better — exercise."

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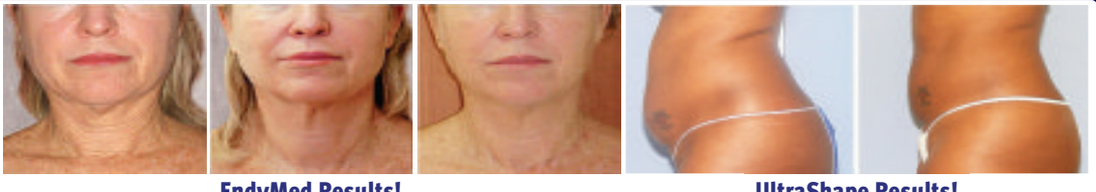

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Greet summertime with delicious but lighter options

While most varieties of meatballs pack 74 calories and more than four grams of fat per ball, this recipe cuts calories down to 36 and less than a gram of fat per meatball.

1. Heat oven to 190 C (375 F). In bowl, combine turkey b and beef, and mix gently.

2. In blender, combine 75 ml (1/3 cup) chicken broth, onion and egg white. Blend until finely chopped. Add puffed rice, blend to make thick paste.

3. Add egg mix to meats, then season with salt and red pepper flakes. Divide mix into 20 even mounds, using about 15 ml (1 tbsp) each. Shape each into a ball using slightly wet hands to help prevent sticking.

4. Coat non-stick sauté pan with cooking spray and heat over medium-high. Once pan is hot add meatballs, leaving about 1-cm (1/2-inch) space between them. Cook 2 mins. or until browned on bottoms. Roll meatballs onto other side and brown evenly, 2 mins. Remove meatballs from pan.

Swedish Meatballs

This recipe makes 20 meatballs. MATTHEW MEAD/ THE ASSOCIATED PRESS

5. Add remaining chicken broth to pan and bring to simmer. In bowl, mix evaporated milk with arrowroot, then stir into broth. Cook and stir for 10 seconds, then return meatballs to pan. Place pan in oven and bake 10 minutes or until meatballs are cooked through.

6. Transfer meatballs to serving platter. Insert short skewers into each meatball. Set sauté pan over medium heat and cook sauce for 1 to 2 minutes or until slightly thickened. Spoon sauce over meatballs and serve with cranberry sauce.

ROCCO DISPIRITO/ THE ASSOCIATED PRESS

Ingredients

- 250 g (8 oz) extra-lean ground turkey breast
- 175 g (6 oz) lean ground beef
- 150 ml (2/3 cup) fat-free, reduced-sodium chicken broth, divided
- 125 ml (1/2 cup) chopped yellow onion
- 1 egg white
- 500 ml (2 cups) puffed brown rice cereal
- Salt, to taste
- Red pepper flakes, to taste
- 50 ml (1/4 cup) evaporated fat free milk
- 5 ml (1 tsp) arrowroot powder
- Olive oil cooking spray
- 50 ml (1/4 cup) no-sugar spiced cranberry sauce

Tex-Mex Chicken Sandwich. Perfect way to add zest to each bite

1. In bowl, toss chicken with black beans, corn, cheddar cheese, green onion, salsa and sour cream until combined.

2. Divide chicken mix equally among four slices of bread. Top each with avocado, tomato and spinach leaves. Top with remaining bread slices. MAPLE LEAF FOODS, DEMPSTER'S BREAD/ THE CANADIAN PRESS/ADAPTED BY EMILY RICHARDS (FOR MORE VISIT, EMILYRICHARDSCOOK.CA)

Ingredients

4 servings

- 375 ml (1 1/2 cups) chopped fully cooked chicken strips
- 125 ml (1/2 cup) cooked black beans
- 50 ml (1/4 cup) thawed frozen corn
- 50 ml (1/4 cup) shredded cheddar cheese
- 1 green onion, chopped
- 30 ml (2 tbsp) each salsa and sour cream
- 8 slices whole-grain bread
- 1 avocado, sliced
- 1 large tomato, sliced
- 250 ml (1 cup) baby spinach leaves

Sweet and savoury unite in grilled pizza

This recipe takes just 35 minutes to make. NEWS CANADA

A tasty spin on a classic dish, this grilled pizza with cheese, prosciutto and peaches is sure to be a crowd pleaser at your next get-together.

Topped with fresh, summery ingredients, this casual, yet elegant favourite works as an appetizer or a meal.

1. On a very lightly floured surface, roll out the store-bought pizza dough and then drizzle it with the olive oil.

2. Brush the peach quarters with olive oil and grill them on each side for just a few minutes.

3. Slide the pizza dough on to the barbecue and cook it on each side for about five minutes or until you see that it is slightly golden brown.

4. Carefully, remove the pizza dough from the barbecue and top it with half of the Mozzarellissima, the prosciutto, the grilled peach quarters and the walnuts. Then cover it with the remaining cheese.

5. Place it back on the barbecue, close cover and cook on medium heat for approximately 10 minutes or until the cheese is fully melted. Remove from barbecue and top with arugula and a drizzle of balsamic vinegar. Season with salt and pepper to taste.

NEWS CANADA/ SAPUTO.CA

Ingredients

4 to 6 servings

- 2 lbs (1 kg) store-bought pizza dough
- Olive oil, to taste
- 1 fresh peach, cut into quarters
- 375 ml (1 1/2 cups) Saputo Mozzarellissima cheese, shredded
- 6 slices prosciutto
- 1 handful walnuts
- 175 ml (3/4 cup) arugula
- Balsamic vinegar (optional)
- Salt and freshly ground pepper, to taste

GRAPHIC DESIGNER

Reporting to the Sales/General Manager, Metro Saskatoon, the right candidate will join Metro's dynamic and award winning Creative Services team. We're looking for an eager Graphic Designer whose portfolio and experience reflects that of print, online and mobile graphic design and who possesses a successful track record of the professional delivery of deadline driven projects in an extremely fast paced environment. The ideal candidate will also possess a good knowledge of print design and production, specifically for newspaper and magazine print advertising, and will have the skill set of an online graphic designer using web based media.

PRIMARY RESPONSIBILITIES:

- Development of creative executions for in-paper retail advertising, online, mobile and print production knowledge
- Quality assurance of design and layout prior to sending to clients
- Professional contact with internal and external clientele
- All other duties as assigned

REQUIREMENTS OF THE POSITION:

- Skilled in print, online and mobile graphic design and animation, comprehensive and complete software knowledge including, QuarkXPress, InDesign, Adobe Acrobat/Distiller, Flash, Photoshop, Illustrator, Image Ready and Dreamweaver
- Proficient on both PC and MAC platforms
- Knowledge in optimizing images for web and mobile (optimal file sizes, file formats etc) while maintaining small file sizes
- Basic understanding of HTML and CSS
- Ability to prep files for print production
- Expert in file stuffing (.sitx, .sit, .sea, .zip) and FTP experience
- Professional, personable, approachable with great communication skills (both verbal and written)
- Ability to thrive in a deadline driven, creative and dynamic environment with strong attention to detail (typography, copy, grammar, layout, images, colour etc)
- Ability to thrive under pressure in a fast paced, multi-faceted and deadline driven environment
- Must be a quick problem-solver, who initiates projects and who takes a pro-active/smart approach
- Post secondary degree or diploma in Web Design, Animation and/or Graphic Design
- A marketing background and/or work experience at an agency or in marketing would be an asset
- 2-3 years design experience within a newspaper environment

Interested individuals who possess the skills described above are requested to submit their resume and cover letter via email to hr@metronews.ca no later than June 11, 2012. PLEASE QUOTE: "Graphic Designer - Saskatoon" in the subject line. All submissions will be treated as confidential.

metro

Putting your pot of gold to work

Divide and conquer. Invest any windfall slowly. You might miss out on some gains but you won't fall into an abyss

YOUR MONEY
Alison Griffiths
money@metronews.ca
Twitter: @alisononmoney

Last week I offered my two cents worth of advice to a woman wondering what to do with a divorce settlement of $20,000. I encouraged her to take time deciding whether to pay down debt, save, spend or invest.

Now I have some suggestions about the latter. Investing a lump sum can be tricky. For instance, an investment made in September 2007 on the eve of the financial crash may still be in the negative.

Divide any windfall into pieces and invest gradually to spread your risk over time. It's far better to miss out on some gains than fall into an abyss.

Alison's money rule

"Investing over time reduces your risk and increases your return."

My choice for most investors is Exchanged Traded Funds or ETFs with very low fees. Most are lower than .50 annually compared to the average Canadian mutual fund fees of 2.25 to 2.5 per cent annually.

These products simply mimic an index like Canada's S&P\TSX Composite. There are also bond ETFs. (ETFs trade on the Toronto Stock Exchange just like shares of a company and you will pay a trading fee to buy units.)

Three ETFs are all you need, one for Canada, one for the U.S. and one for bonds. Here's a small selection among the dozens available.

Don't stress, just pick one for each area and you'll have a nice, well-rounded portfolio. The ticker symbol and management fee are in brackets.

Canada
- Horizons BetaPro S&P/TSX 60 Index (HXT, .07%)

- Vanguard MSCI Canada Index (VCE, .09%)

- iShares S&P/TSX Composite Index (XIC, .25%)

US
-Vanguard US Broad Market Index (VUS, .15%)

-BMO Dow Jones Index (ZDJ, .23%)

-iShares S&P US Dividend Growers (CUD, .60%)

Bonds
- iShares DEX Short Term Bond Index (XSB, .25%)

- PowerShares 1-5 Year Laddered Investment Grade Corporate Bond Index (PSB, .25%)

- BMO Aggregate Bond Index (ZAG, .28%)

Doing a little homework before you invest can really pay off. ISTOCK IMAGES

If, for example, you wanted one-third of the $20,000 in bonds, make that entire investment now as the short term bonds will roll over automatically and take advantage of higher rates in the future.

Divide the remaining $13,000 plus into four to six pieces and invest gradually in the chosen Canadian and US ETFs over the next six months to a year. There will be a trading fee for each transaction but you only pay it once until you sell, and the additional cost balances the risk.

ALISON GRIFFITHS IS THE AUTHOR OF COUNT ON YOURSELF: TAKE CHARGE OF YOUR MONEY. REACH HER AT ALISONGRIFFITHS.CA OR GRIFFITHS.ALISON@GMAIL.COM

Champagne etiquette

CHARLES THE BUTLER
askcharlesthebutler@metronews.ca
For more, visit charlesmacpherson.com

Hello Mr. Butler,
I am going to be hosting an event for my parents' 50th wedding anniversary at my home and I'm in need of some champagne etiquette. What's the right temperature, what kind of glasses should I get, how much do I fill a glass and how do I make a toast?
Thanks!
Nervous Daughter

Dear Nervous Daughter,

What an exciting event! Good champagne should be served cold, so keeping it in the fridge for a few days then on ice at the bar when it is being served is important.

When opening the champagne never point it at anyone and hold the "cage" and the cork tight with a napkin while slowly turning the bottle. You will feel the pressure build up and the cork will pop out easily.

When serving, you can use either a champagne flute or saucer, though the "fashion" of today is flutes.

When you pour champagne, it foams up (just like pop) so pour slowly and just a small amount in every glass — this is called "priming" the glass. Then return and fill the flute with additional champagne. Don't fill the glass more than three-quarters full.

When you toast your parents, you technically don't let the glasses touch each other, however many people unfortunately do "clink" glasses.

Keep your speech short, to the point and annunciate clearly, ask everyone to raise their glass and say something like "to our parents" and then have a sip and voila — your toast is done!

Let us know how it goes. If you write to me I will do my best to guide you and your group through the process!

Champagne should always be served cold. ISTOCK

Advice

Here's an idea: Try Google

I'm planning a holiday with my new boyfriend, so I asked my old boyfriend for a recommendation because I want to go to an area he introduced me to (we dated long-distance six years ago). Our relationship was brief and he's been in a long-term relationship for a few years now, and I've been supportive and happy for him — and yet he got annoyed at me for considering a holiday in his area with my new boyfriend! Is it me, or is he a childish twit? Hmmph

TWO SISTERS
Andrea and Claire
Life@metronews.ca

Andrea: Dear Girl Needs Tour Guide, I'm going to shock you here, but there's a little thing called the internet. On this "web," you can find great advice on where to go and what to do in virtually any city. Isn't that amazing? In the past we all had to ask our ex-boyfriends what they liked to do because it was probably what our current boyfriends would want to do as well.

Why create new, romantic memories, when you could relive old ones in a friendly game of "deal with my baggage?"

OK, I'll stop being mean here, but asking your ex for advice was a little insensitive. He doesn't own the city, but it doesn't mean you have to rub it in his face that you're a globe-trotting hottie with a new love in tow. Happy travels!

Claire: Dear Hmmph
I'm not sure whether you should be astounded that he actually cares enough to be offended so many years later, or annoyed that he should make this about him (which might just be categorized under "twit-like"). I'm surprised he has a problem with a little friendly tour-guiding — especially if you've stayed in touch regularly enough to know that he's in a new and happy relationship, but since he does, tease him about it to keep things light, and move on. And take it as a compliment to your enduring awesomeness.

And yes, try that internet thing. It's super useful.

Brown leads way on Kings' journey to promised land

Kings captain Dustin Brown reacts after his controversial hit on Phoenix's Michal Rozsival in overtime of Game 5 of the Western Conference final last week. JEFF GROSS/GETTY IMAGES

NHL. Regular-season trade rumours propelled L.A. captain to take his game to another level

If Dustin Brown stands up in the Los Angeles locker-room before the Stanley Cup final opener Wednesday night and delivers a stirring, emotional speech, his teammates won't know how to react.

"Well, he's not a rah-rah guy," veteran Kings defenceman Matt Greene said. "We don't have too many of those guys in the room. But he knows how to lead, and he does it by example."

Brown prefers showing to telling, whether it's with a timely goal or a bruising hit. The Los Angeles captain's playoff performance has demonstrated something quite clearly to the Kings: Behind his leadership they're capable of winning the franchise's first title.

Brown's hard-hitting, high-scoring play has been the biggest revelation of the post-season for the eighth-seeded Kings, but his quantum leap forward began during the regular season. Brown's run of stellar play started right after he was prominently featured in trade-deadline rumours linking him to Toronto and beyond, forcing the forward to wonder whether he would have to move his young family away from his only NHL team.

"Of course it's concerning to you, but I tried to just concentrate on what I could control," said Brown, the NHL's third-leading post-season scorer. "I just focused on hockey and getting this team to the playoffs, because I felt like we had a team that could do a lot if we got there and started playing together. We felt like we owed it to the fans here to take a shot instead of worrying."

The Kings' long-suffering fans are always near the forefront of Brown's mind when he discusses this playoff run. He realizes Los Angeles has enjoyed only one previous run to the final in 45 years, and he learned all about the Kings' paltry playoff success when he logged 431 regular-season games with the franchise before reaching his first post-season two years ago.

"This is the most successful we've been, but it's not where we want to end up," Brown said.

THE ASSOCIATED PRESS

Heat blitz past Celtics to open East finals

A big early Miami lead was wasted. Once the Heat took control again, they simply ran away from the Boston Celtics.

And the NBA finals are now three wins away for LeBron James and the Heat.

James scored 32 points and grabbed 13 rebounds, Dwyane Wade scored 10 of his 22 points in the fourth quarter and the Heat beat the Celtics 93-79 on Monday night in Game 1 of the Eastern Conference finals.

Shane Battier, playing in the conference finals for the first time, scored 10 points and had 10 rebounds for the Heat, who wasted an early 11-point first-half lead before running away to break a halftime tie. Miami out-rebounded the Celtics 48-33, and blocked 11 Boston shots.

Kevin Garnett scored 23 points and grabbed 10 rebounds for Boston, which got 16 points, nine rebounds and seven assists from Rajon Rondo and 12 points from Paul Pierce.

Game 2 is Wednesday night in Miami.

It's the third straight year the Heat and Celtics have met in the playoffs, and the third straight year James has seen his post-season path go through Boston as well — the first of those matchups coming in 2010, his final run with Cleveland.

Each of those came in the first or second rounds, never one round away from the NBA finals. THE ASSOCIATED PRESS

Game 1

Heat	Celtics
93	79

LeBron James drives past Boston's Paul Pierce on Monday night in Miami. LYNNE SLADKY/THE ASSOCIATED PRESS

MLB

Manny might join Athletics later this week

Oakland Athletics manager Bob Melvin says there is a "50-50" chance suspended slugger Manny Ramirez will join the team when his 50-game drug ban expires Wednesday.

THE ASSOCIATED PRESS

Tennis

Raonic through to Round 2 in Paris

Canadian Milos Raonic has already improved on last year's performance at the French Open.

The Thornhill, Ont., native powered past Ruben Ramirez Hidalgo of Spain 6-4, 6-2, 6-2, Monday to reach the second round of the tournament. THE CANADIAN PRESS

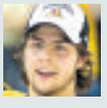
Milos Raonic GETTY IMAGES

MLB

Miami's Oviedo banned for fraud

Miami Marlins pitcher Juan Carlos Oviedo has been suspended for eight weeks by MLB for age and identity fraud. Oviedo was caught playing under a fake name and spent the off-season in the Dominican Republic clearing up his immigration status. THE ASSOCIATED PRESS

Memorial Cup



"I'm not going to take the credit personally.... You need 20 guys to win this tournament and that's what we did."

Shawinigan Cataractes centre Michael Chaput. Chaput was named tournament MVP after the Cataractes beat the London Knights 2-1 in overtime Sunday in the Memorial Cup championship game.

4 SPORTS

Soccer

"Stay at home, watch it on TV. Don't even risk it ... because you could end up coming back in a coffin."

Former England defender Sol Campbell, warning fans in a BBC interview against travelling to Poland and Ukraine to watch the European Championship, claiming authorities are failing to tackle entrenched racism and violence in the countries.

Auto racing

Franchitti pulls in close to $2.5M at Indy 500

Dario Franchitti earned $2,474,280 from an overall purse of $13,285,815 for his victory in the Indianapolis 500 on Sunday. The four-time series champion from Scotland became just the 10th driver to win IndyCar's signature event at least three times. He also won in 2007 and 2010. Scott Dixon, who won the race in 2008, earned $1,102,280 for finishing second.

THE ASSOCIATED PRESS

On the web

Montreal Canadiens GM Marc Bergevin continued to round out his front office with the hiring of Scott Mellanby as director of player personnel on Monday. Scan the code for the story.

MLB. Blue Jays put an end to losing skid

Drew Hutchison found the release point he had been looking for and Toronto Blue Jays found the start they needed on Monday to rest an overworked bullpen.

Hutchison (4-2) held the Orioles to three hits, three walks and no runs while striking out a career-high nine batters in his 114-pitch outing to give the Blue Jays' overworked bullpen a break.

Supported by two-run homers from Kelly Johnson and Edwin Encarnacion, Hutchison pitched seven strong innings as the Blue Jays beat the Baltimore Orioles 6-2 on Monday.

"I was able to find my release point tonight and got in a rhythm," Hutchison said. "I found my release point for the first time this year I think. That definitely had a lot to do with it."

Blue Jays Pitcher Drew Hutchison in the dugout Monday in Toronto. THE CANADIAN PRESS

Hutchison (4-2) held the Orioles to three hits, three walks and no runs while striking out a career-high nine batters in his 114-pitch outing to give the bullpen a break.

"Tonight was probably the best fastball he's shown in terms of power all season," said Jays manager John Farrell. "Just an outstanding job and really on a night when we needed the starter to go deep into the game."

THE CANADIAN PRESS

Vizquel moves up hit list

Johnson's ninth homer of the season in the fourth followed a leadoff single by Omar Vizquel, who tied Brooks Robinson for 43rd on the all-time hit list with 2,848.

Spurs at their best when playing with 'nasty' edge

Oklahoma City's Russell Westbrook has his shot blocked by Tim Duncan on Sunday night in San Antonio. MAXX WOLFSON/GETTY IMAGES

NBA. San Antonio on verge of 20-game win streak in West finals

Gregg Popovich's "I want some nasty!" is fast becoming the catchphrase of the NBA playoffs. It's eminently quotable, brash and an overnight splash.

In other words, it's everything the veteran-led San Antonio Spurs are not.

They've also heard far worse in timeouts from the NBA coach of the year, who bellowed his now-famous and fuming marching orders that jump-started a fourth-quarter rally, extended a history-matching winning streak to 19 and left Oklahoma City stunned heading into Game 2 of the Western Conference finals on Tuesday night.

Quoted

"You can't give up a 30-point quarter in a playoff game and expect to win."

Oklahoma City's Derek Fisher. The Thunder were actually outscored 39-27 by the Spurs in the fourth quarter of Game 1.

"You've got to watch Pop — he's good at turning that microphone on and off," Spurs forward Stephen Jackson said Monday. "You don't hear some of the stuff he says."

All the Thunder mostly heard Monday were questions about their costly collapse down the stretch.

Oklahoma City started the fourth quarter leading — a rare feat against the Spurs in the 47 days since their last loss. Going up 2-0 would put the Spurs among just three other teams in NBA history with winning streaks of 20 games or longer.

It would also break the record for longest winning streak extended in the playoffs.

"We really don't care," guard Manu Ginobili said. "We are close — seven games — from accomplishing something way better than a streak."

THE ASSOCIATED PRESS

SALES REPRESENTATIVE

Metro Saskatoon is seeking an individual to achieve regional targets for print & online and other performance metrics by developing new business.

PRIMARY RESPONSIBILITIES:

- Manage and grow an assigned retail sales territory
- Design advertising programs to reflect clients' objectives
- New Business Development
- Creatively negotiate rates
- Sell a portfolio of Metro branded products

REQUIREMENTS OF THE POSITION:

- Post secondary education in a related field
- 3 years experience in sales/media sales
- Proficient in Microsoft Office applications
- Creative, efficient, flexible & detail oriented
- Strong verbal and written communication skills
- Proven track record in profitable selling

Interested individuals who possess the skills described above are requested to submit their resume and cover letter via email to hr@metronews.ca no later than June 4, 2012. PLEASE QUOTE: "Sales Representative - Saskatoon" in the subject line. All submissions will be treated as confidential.

metro

Canada needs to get hot during busy June: Hutchinson

As Canada enters the next phase of World Cup qualifying, midfielder Atiba Hutchinson is hoping his team will get off to a hot start.

It's a busy June for the Canadian men's soccer team, starting with Sunday at Toronto's BMO Field when they face the U.S. in a friendly.

The 75th-ranked Canadians then travel to Havana to play No. 136 Cuba on June 8 and return to Toronto on June 12 to host 62nd-ranked Honduras.

"They're huge," Hutchinson said of the two qualifying matches. "It's important for us to get off to a good start and also for the confidence. If you can have a good start and get wins in these first two games, I think it will be huge for us."

This round of qualifying has proved challenging for the Canadians in the past. They failed to survive this stage for the 2010 World Cup after picking up just two of nine possible points at home and losing all three games on the road.

Canada (0-4-2) finished the stage tied with Suriname for lowest points total (2) among the 12 CONCACAF countries still involved.

Atiba Hutchinson GETTY IMAGES

The Canadian men also stumbled in the penultimate phase of regional qualifying for the 2006 World Cup. Canada (1-3-2, five points) managed just one point at home, collecting four more on the road.

Canada is in Group C with Honduras, Cuba and No. 52 Panama in the CONCACAF qualifying tournament for the 2014 World Cup in Brazil.

The top two teams in the group will advance to the final round of qualifying in the CONCACAF region, which covers North and Central America and the Caribbean.

"There's a lot of pride that comes with representing your country," Hutchinson said Monday on a conference call from the team's training camp in Sunrise, Fla. "It's something that a lot of people don't get a chance to do. I think everybody on the team is always delighted and happy to be playing for Canada.

"Now we just want a chance to play in a World Cup. We know it all starts now."

Hutchinson says that the Canadians are focused on getting back on the same page after playing a season with their club teams.

"We're just trying to get familiar with each other now. We haven't played for a little bit of time, a couple of months, so we're just getting used to each other's tendencies," said the 29-year-old from Brampton, Ont., who plays in the Netherlands with PSV Eindhoven. "We want to be a team that's tough to break down."

THE CANADIAN PRESS

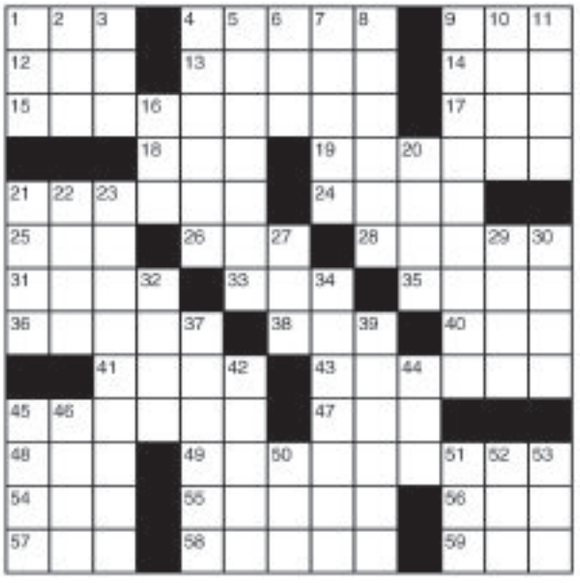
Crossword

Across

1 Kreskin's claim, briefly
4 Wanders
9 Aware
12 Boudreau of baseball
13 Otherwise
14 Can. neighbour
15 1957 Astaire movie
17 Crafty
18 Corn spike
19 Chops into small bits
21 Reflective power
24 Grad
25 Romanian money
26 Overactor
28 Flounder through puddles
31 Token of defiance
33 Papa
35 Elbow counterpart
36 Examine ore
38 Affirmative
40 Blunder
41 Support group?
43 Game participant
45 Sunday meal
47 Science workplace
48 Thither
49 Bees' structure
54 A billion years
55 Hackneyed
56 Retainer
57 Firmament
58 Handle the helm
59 Adipose tissue

Down

1 Sprite
2 Old French coin
3 Bit of wordplay
4 Capital of Saudi Arabia
5 On unpaved areas
6 Literary collection
7 Starbucks flavour
8 Pilfers
9 Bribe of a sort
10 Gilligan's home
11 Picks up the check
16 Born
20 Pout
21 Plankton component
22 Meadows
23 Thorn in Elmer Fudd's side
27 Spring time
29 Withered
30 Munich mister
32 Deserve
34 Use up
37 America's Cup contenders
39 Buffy, to vampires
42 Concise
44 Regis' network
45 Tournament situations
46 Chess piece
50 Never, in Nuremberg
51 Vacationing
52 — culpa
53 Wager



Sudoku

8	9			6		1		3
		6						8
5					4		2	
		8	9		1			
6				3				7
			6		2	9		
	7		5					2
4						3		
3		2		4			5	1

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's Sudoku

3	1	5	2	8	9	6	4	7
9	4	6	3	7	5	8	2	1
2	8	7	6	4	1	9	3	5
8	2	9	5	6	3	7	1	4
6	5	3	4	1	7	2	8	9
4	7	1	9	2	8	5	6	3
7	6	4	1	5	2	3	9	8
1	3	8	7	9	6	4	5	2
5	9	2	8	3	4	1	7	6

Yesterday's Crossword

Cryptoquip

How to play

This is a substitution cipher where one letter stands for another. Eg: If X equals O, it will equal O throughout the puzzle.

TW F JFVQRLFCX MFUQXVXU TR LHZCJXAXJN ATUXQ FVQ UXFQN WHU KXQ, NHE ZTMIA REN IX'R KERIXQ.

Yesterday's Cryptoquip: IF A WOODLAND DEITY HAD TO CHOOSE ONE PREFERRED DAY OF THE WEEK, WOULD IT PICK SATYR-DAY?

Today's Cryptoquip Clue: I equals H

For today's crossword answers and for expanded horoscopes, go to metronews.ca

Horoscope

Aries | March 21 - April 20. Don't focus too much on work today. Give yourself time off from your chores and give yourself permission to have fun.

Taurus | April 21 - May 21. Call it as you see it today, even if it means offending someone you have feelings for.

Gemini | May 22 - June 20. Passion planet Pluto will stir your emotions today and there may be times when your feelings get a bit extreme.

Cancer | June 21 - July 22. What's done is done and cannot be undone, and the sooner you let go of the past and focus on the future the better.

Leo | July 23 - Aug. 22. If you find yourself caught between rival factions today you must get yourself out of the firing line as quickly as possible.

Virgo | Aug. 23 - Sept. 22. If you believe in what you are doing then today's Sun-Pluto link won't have any effect on you.

Libra | Sept. 23 - Oct. 22. You just know that some seriously good opportunities are coming your way. Don't waste them.

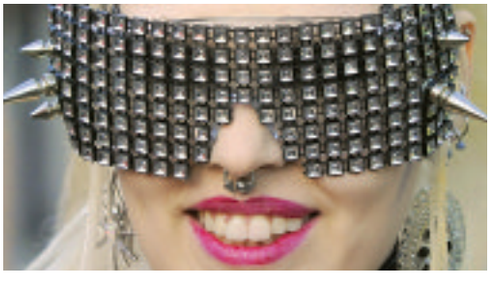
Scorpio | Oct. 23 - Nov. 21. Today's somewhat negative influences will make minor details look more important than they really are.

Sagittarius | Nov. 22 - Dec. 21. Some things are important and some things don't matter. Do you know how to tell the difference?

Capricorn | Dec. 22 - Jan 20. You seem to be making things difficult for yourself for no good reason.

Aquarius | Jan. 21 - Feb 18. If anyone needs a helping hand or a shoulder to cry on today you will be there in a flash. But don't get so caught up in their woes that you lose sight of what is important for you. Your feelings matter too.

Pisces | Feb. 19 - March 20. The planets warn there is a danger you will arrive at a conclusion about someone on no more than hearsay evidence, which could turn them against you. SALLY BROMPTON

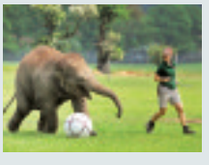


Caption Contest

"Can you get my agent on the phone? I want to know if they are making a new star trek, I want to be cast as the new Geordi LaForge." -Crystal

THE ASSOCIATED PRESS

Win!

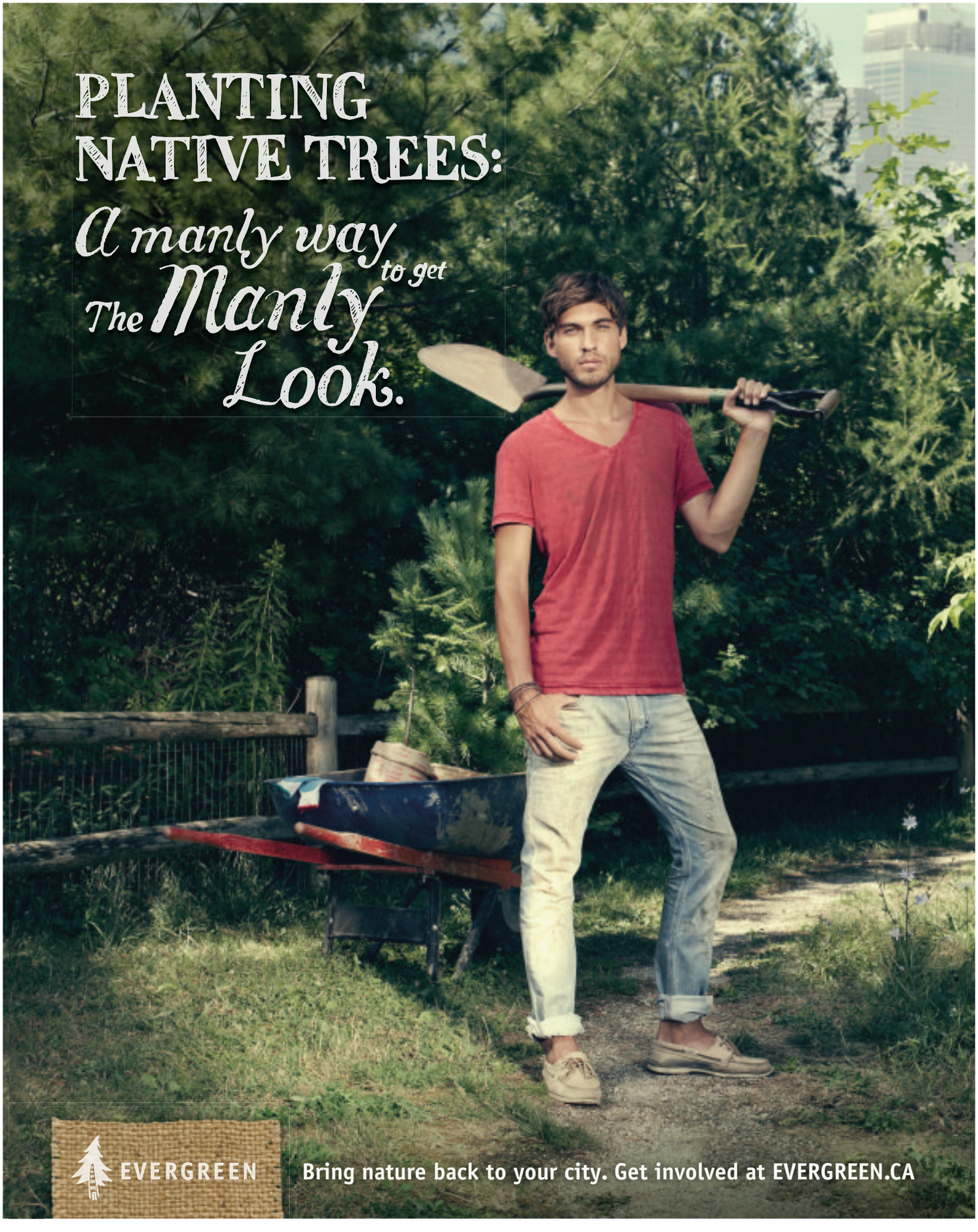


You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

Sharability

easy hard


PLANTING
NATIVE TREES:
A manly way to get
The Manly Look.
EVERGREEN
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